perplexity

Bassai Sho & Bassai Dai Kata Syllabus (Step-by-Step Guide)

Bassai Sho

Bassai Sho is an advanced kata, known for its unique foot sweeps, double strikes, and takedown movements. Here's a simplified step-by-step outline:

- Start in yoi (ready) position.
- Perform pressing block behind (kosa-dachi), then combined backhand block.
- Both palms stick block (kokutsu-dachi), then horizontal stick grab.
- Ridgehand scooping block, then down block (heisoku-dachi).
- Repeat stick block and grab on the other side.
- Both hands on hips posture.
- Sideways ridge-hand strike with side snap kick.
- Vertical knife-hand block (kiba-dachi).
- Double straight punches (kiba-dachi).
- Manji-uke (inside and down block) left and right (kokutsu-dachi).
- Series of knife-hand blocks (kokutsu-dachi).
- Both palms grasping block (ashi-zenkutsu).
- Sword-foot thrust kick with grasping-pulling.
- Both fists wedge block, then inverted punch.
- Outside block with foot sweep, fists on hips, double-hand punch to side (repeat sequence).
- Inside hammer-fist strike.
- Finish with both palms grasping block in neko-ashi-dachi (cat stance), slow speed[1].

Bassai Dai

Bassai Dai is often taught at brown belt level and is recognized for its powerful, fortress-breaking techniques:

- Bow and announce "Bassai Dai".
- Yoi (ready) position: left hand wraps right fist, arms out front.
- Leap forward into kosa-dachi with double inside-outside block (morote-uke).
- Turn and perform uchi-uke (inside block) in front stance.
- Repeat block on the other side.
- Spin, wind up for shuto-uke (knife-hand block) in kokutsu-dachi.
- Continue with combinations of blocks, strikes, and stances, including fast double block combinations and a strong knee attack and strike in the opening[2] [3] [4].

Tips:

- Both kata require precise stances (kosa-dachi, kokutsu-dachi, kiba-dachi, neko-ashi-dachi).
- Focus on strong, snappy techniques and clear transitions.
- Practice slowly for accuracy, then increase speed and power as you improve.

For detailed visual breakdowns, refer to reputable Shotokan instructional videos and diagrams[5] [2] [6].

⁂

Women, Ladies, and Girls in Shotokan & Washin-ryu Karate-Do

- **Inclusivity:** Both Shotokan and Washin-ryu Karate-Do welcome women and girls of all ages and abilities. No special athletic background is required-determination and willingness to learn are most important[7] [8].
- **Training:** Women practice the same kihon (basics), kata (forms), kumite (sparring), and self-defense techniques as men, gaining physical skill, confidence, and self-defense ability[7] [8].
- **Self-Defense:** Karate is especially popular among women for its practical self-defense benefits. Classes often include techniques tailored for real-world situations, focusing on awareness, blocking, striking, and escaping holds[9] [8].
- **Empowerment:** Training fosters confidence, discipline, and mental strength, helping women and girls realize their potential both inside and outside the dojo[8].

Karate-do provides a supportive environment for women and girls to develop strength, resilience, and self-protection skills.

⁂

1. http://shotokankaratecsl.com/Kata 17 - Bassai Sho.html
2. https://www.youtube.com/watch?v=Qpt3W7Y06Kg
3. https://www.shotokankarateonline.com/blog/bassai-dai-tutorial-1/
4. https://www.themartialway.com.au/bassai-dai/
5. https://www.youtube.com/watch?v=zpnA13Vg1lY
6. https://www.youtube.com/watch?v=_gGOezn7_wY
7. https://shotokan.mit.edu/resources/training-principles/
8. http://www.hidyochiai.org/washin-ryu-karate-do/
9. https://www.youtube.com/watch?v=T-iwbqyg2dU